

# SUPPORTING STUDENT WELL-BEING FROM AFAR

*Caring for students' mental health at a time of school closure*

*May 20<sup>th</sup>, 2020*



# TODAY'S PRESENTERS

- Marlon Morgan, Founder & Executive Director of Wellness Together School Mental Health
- Jeremiah Aja, Assistant Director, BlueSky Initiative Liaison, Wellness Together School Mental Health
- Monica Nepomuceno, Education Programs Consultant, Mental Health Services Program, CDE
- Steven Adelsheim, Director, Stanford Center for Youth Mental Health and Wellbeing
- Mary Briggs, Education Policy Analyst, CSBA

# EMPOWERING & EQUIPPING

**MARLON MORGAN, M.A., LPCC, PPSC**  
FOUNDER & EXECUTIVE DIRECTOR

**JEREMIAH AJA, M.A., M.DIV., APCC**  
ASSISTANT DIRECTOR



# WELLNESS TOGETHER RESOURCES

- **Marlon Morgan, M.A., LPCC, PPSC**  
Founder & Executive Director
- **Jeremiah Aja, M.A., M.Div., APCC**  
Assistant Director  
Connect at [jeremiah@wellnesstogether.org](mailto:jeremiah@wellnesstogether.org)

## COVID-19 Resources for Your Communities

- [wellnesstogether.org/covidhelp](https://wellnesstogether.org/covidhelp)
- [bit.ly/supportingyousupportingstudents](https://bit.ly/supportingyousupportingstudents)
- \*Resources for Today's Webinar:
  - [bit.ly/csbawebinar](https://bit.ly/csbawebinar)

# FACTORS IMPACTING OUR MENTAL HEALTH

## ➤ *2007-Present:* ***The 5 S's***

- **Sleeplessness**
- **Screen-time over Authentic Connection**
- **Solitary Lifestyle**
- **Sedentary Lifestyle**
- **Self-Medication**

## ➤ *C-19 Added* ***More S's***

- **Social Distancing**
- **Socio-Economic Stress**  
Increasing the Digital Divide



# HELPFUL RESOURCES



Support for Teachers Affected by Trauma

[statprogram.org](http://statprogram.org)



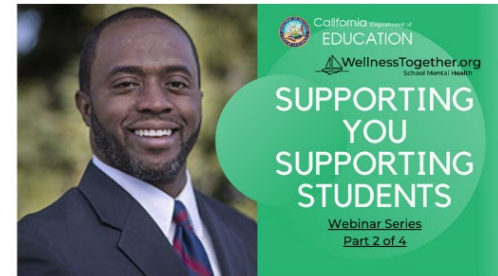
Support for Students  
Exposed to Trauma

[ssetprogram.org](http://ssetprogram.org)

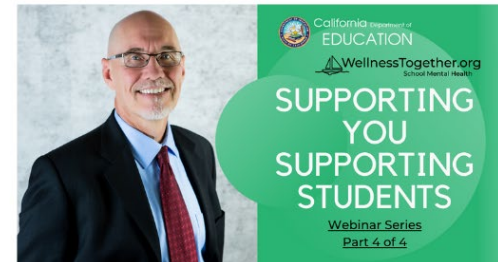
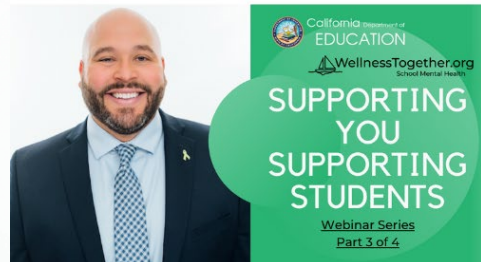


[gritx.org](http://gritx.org)

[WellnessTogether.org/syss](http://WellnessTogether.org/syss)



## 4-Part Webinar Series



# IMPROVING STUDENT MENTAL HEALTH PRACTICES

**MONICA NEPOMUCENO**  
EDUCATION PROGRAMS CONSULTANT  
MENTAL HEALTH SERVICES PROGRAM, CDE



# STUDENT MENTAL HEALTH POLICY WORKGROUP (SMHPW)





# CURRENT LEGISLATION THAT SUPPORTS STUDENT MENTAL WELLNESS

➤ AB 2246

➤ AB 1767

➤ SB 972

➤ AB 2639

➤ AB 1808

➤ AB 2315

➤ CARES Act

➤ \$200 million for telehealth to establish a COVID-19 Telehealth Program

➤ Governor's Budget

➤ \$4.4 billion in COVID Relief (CARES Act)

➤ \$1.6 billion ESSA Federal Emergency Relief:

➤ \$100 million in COE grants;

➤ \$63.2 million for training and PD

# RESOURCES

## Project Cal-Well

<https://www.cde.ca.gov/ls/cg/mh/projectcalwell.asp>



## NCHS: NAMI On Campus High School



## Project CalSTOP

<https://www.cde.ca.gov/ls/cg/mh/projectcalstop.asp>

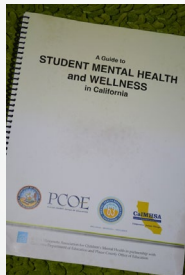


## A Guide to Increase Mental Health Services for Students

<https://www.cde.ca.gov/ls/cg/mh/projectcalwell.asp>

## Help for Students in Crisis

<https://www.cde.ca.gov/ls/cg/mh/studentcrisishelp.asp>



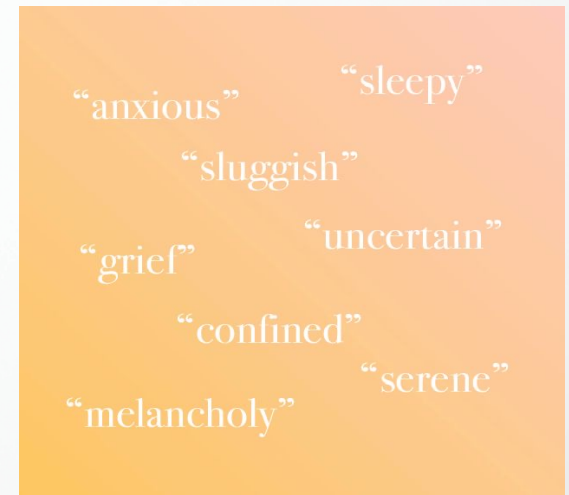
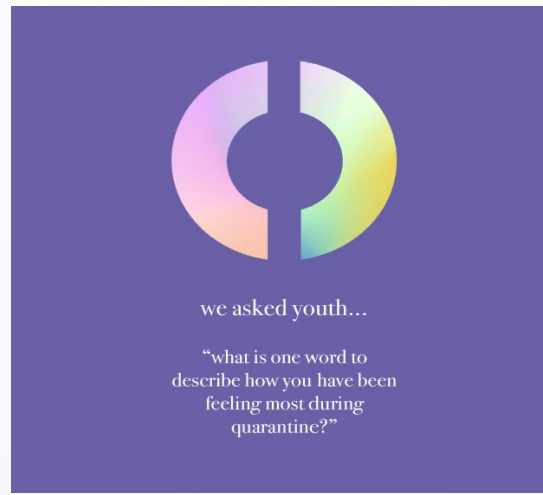
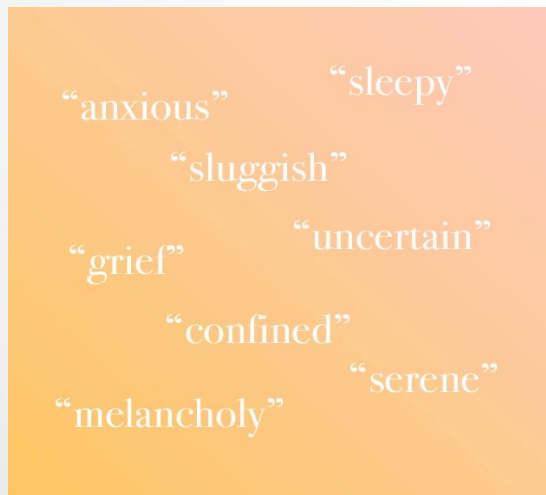
# STUDENT NEEDS DURING COVID-19

**STEVEN ADELSHEIM, MD, DFAACAP, DFAPA**  
DIRECTOR, STANFORD CENTER FOR YOUTH  
MENTAL HEALTH AND WELLBEING



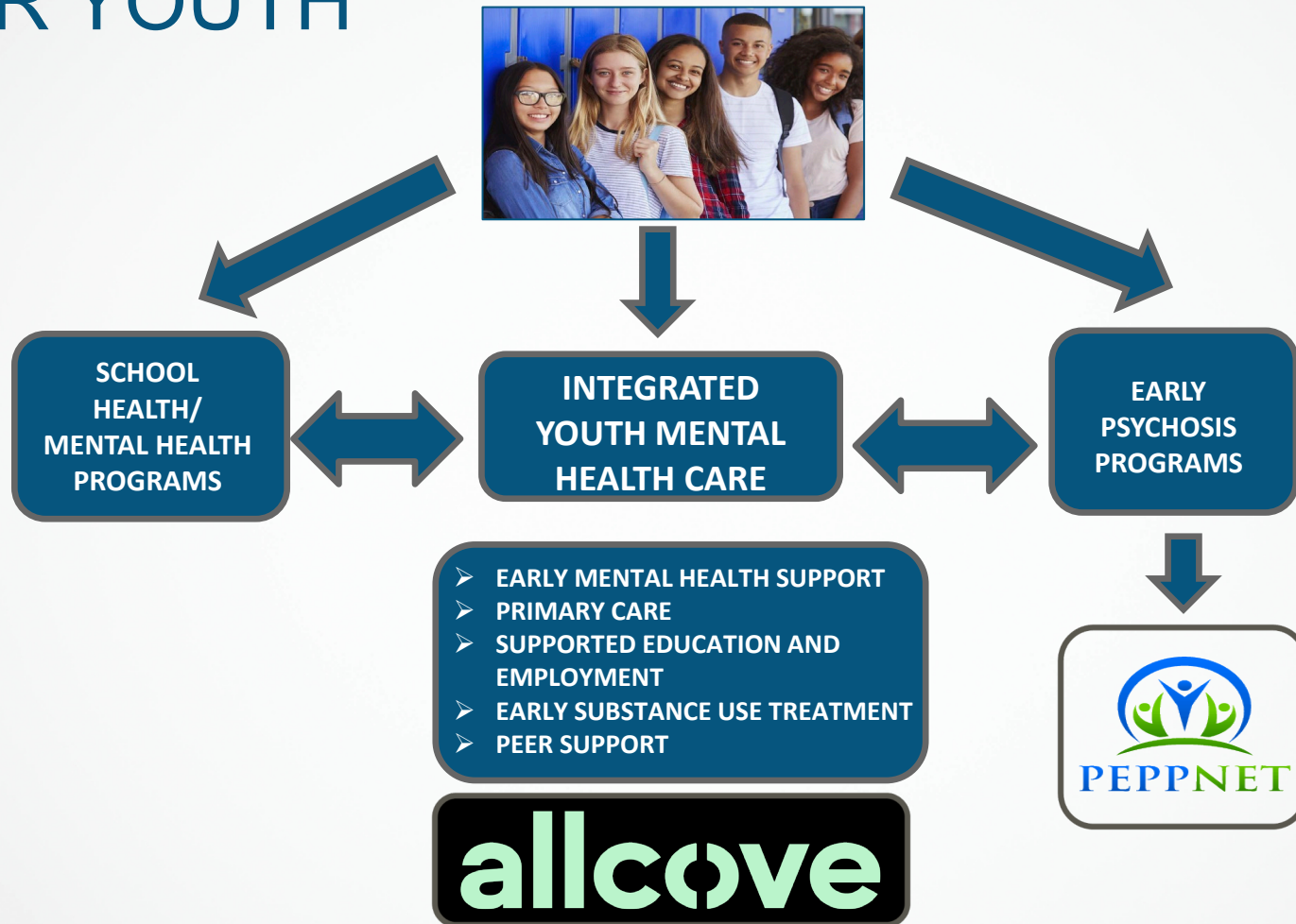
# STUDENTS ARE TELLING US WHAT THEY NEED:

- “Before offering solutions, ask us how we are feeling, and actually listen.”
- “Validate that we are feeling a loss; We are already feeling guilty and selfish for feeling sad.”
- Intentional connection: check in, check in, check in...
- Youth are learning to be comfortable with reaching out; rules regarding communicating have changed
- “Acknowledge that it’s okay to feel sad about missing out, saying goodbye, and the uncertainty our future.”





# A PUBLIC MENTAL HEALTH CONTINUUM FOR YOUTH



# SUICIDE RISK AND COVID-19

- **Per Student Feedback We Know Several Challenges:**
  - Social Isolation ( “Check in with me!”)
  - Decreased Access to community support ( “Send me pictures; make a constant effort to keep up”)
  - Barriers to Seeking Mental Health Care ( “Melancholy”, “Grief”, “Sluggish”)
- **Additional Challenges Right Now**
  - Economic distress, close quarters with family, increased firearm sales, expanded media reporting
- **Ways to minimize risk:**
  - Increase access to social and community connection
  - Increase access to tele-mental health care
  - Follow media reporting guidelines, promote stories of resilience and hope & provide resources.
- **Check in with vulnerable group members:** previous exposure to suicide, mental health challenges, housing insecure, trauma history, self-injury, LGBTQ+
- **Plan and implement Media Response:**
  - Determine single point of contact & share across system
  - Agree on messaging across multiple media systems

# THE UNIQUE ROLE OF TRUSTEES

**MARY BRIGGS**  
EDUCATION POLICY ANALYST, CSBA



# THE UNIQUE ROLE OF TRUSTEES

## Mission and vision

- *All* students should have access to supports for their social emotional wellbeing.

## Policy

- What policies are in place that support student mental health?
- Are new or updated policies necessary?

## Resource allocation

- What are the resources your LEA can strategically shift to increase access to mental health supports?
- Are there ways to access additional resources for your LEA?



# THE POWER OF TRUSTEE QUESTIONS

## Questions to examine current practices

- Identifying needs
- Learning lessons from the spring closures

## Questions to guide planning for Fall 2020

- Anticipating needs
- Conversations to have now to get supports in place for when school resumes

Resource sheet available

# CSBA COVID-19 RESOURCES

**csba**

Updates Resources Ask Questions FAQ Advocacy Surveys CSBA

## COVID-19 News and Resources

Updates Resources Ask Questions FAQ Advocacy

CSBA would like to commend California's education leaders for confronting the challenges presented by the novel coronavirus (COVID-19). We understand these are demanding times with innumerable questions and few easy answers. As the organization representing nearly 1,000 school districts and county offices of education, we hope to provide — to the extent possible — clarity, resources and relief. Thank you for sharing your knowledge, passion and concern; these are some of the greatest assets we have as we care for and educate California's 6.2 million public school students during a time of profound crisis.

### Recent Updates

April

- 4/27/20: U.S. Dept. of Ed. News Release: Secretary DeVos Reiterates Learning Must Continue for All Students, Declines to Seek Congressional Waivers to FAPE, LRE Requirements of IDEA
- 4/27/20: U.S. Dept. of Ed. News Release: Secretary DeVos Launches New Grant Competition to Spark Student-Centered, Agile Learning Opportunities to Support Recovery from National Emergency
- 4/27/20: On the CSBA blog: Board member electronic communications in the virtual world of COVID-19
- 4/24/20: On the CSBA blog: New report projects significant learning loss due to COVID-19 school

### COVID-19 Webinar Series

**Governance and Guidance in the Age of COVID-19**  
*Examination and interpretation of state and federal guidance related to COVID-19*

[Watch Now](#)

**Open Board Meetings in a World of School Closures**  
*How to lawfully and effectively hold virtual school board meetings*

May 1 at 1:00 p.m. | [Register Now](#)

[www.csba.org/coronavirus](https://www.csba.org/coronavirus)

**THANK YOU FOR JOINING US  
TODAY.**

**If you have any questions, please email  
[csba@csba.org](mailto:csba@csba.org).**

